



State of California—Health and Human Services Agency
Department of Health Care Services



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GOVERNOR

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TO: ALL CHILD HEALTH AND DISABILITY PREVENTION (CHDP) PROGRAM DIRECTORS, DEPUTY DIRECTORS, NUTRITIONISTS, HEALTH EDUCATORS AND CHILDREN'S MEDICAL SERVICES STAFF

SUBJECT: UPDATED CHILD HEALTH AND DISABILITY PREVENTION (CHDP) PROVIDER OFFICE TRAINING, "USING BODY MASS INDEX-FOR-AGE GROWTH CHARTS FOR THE CHDP WELL-CHILD EXAM"

An updated CHDP provider office training, "Using Body Mass Index (BMI)-for-Age Growth Charts for the CHDP Well-Child Exam" is now available on the CHDP training website at <http://www.dhcs.ca.gov/services/chdp/Pages/BMITraining.aspx>

This training, developed by the CHDP Nutrition Subcommittee, updates the prior CHDP Body Mass Index (BMI)-for-Age training posted in 2006. The training module and materials are organized as a ready-to-use training for local CHDP Program staff to train provider offices regarding the effective use and interpretation of BMI growth charts. The training module can be easily customized to meet the needs of the audience. All materials are downloadable and include the following:

- PowerPoint Presentations (30 and 60 minute versions) which provide helpful talking points and speaker tips.
- User Guide - provides detailed suggestions for customizing the presentation, how to time the slide delivery, printing and assembling the training packets.
- Practice Session Tools - includes plotting tool, practice growth charts, PM160s and training packet materials.
- Clinical Practice Tools/Resources - plotting tool, clinical growth charts, resource list of online staff references/training and health education materials.

CHDP nutritionists, health educators, and public health nurses statewide pilot-tested this training module with CHDP staff and providers. Evaluations indicate that following the training, participants felt confident in their ability to use BMI-for-age growth charts and would recommend the training to other health care providers.

Background

Childhood obesity is a significant health problem that is highly prevalent and strongly associated with the early onset of numerous chronic diseases. It is a pediatric standard of care to obtain BMI percentile for ages two to twenty during health exams. The goal of this training is to remind and train CHDP providers about the importance and mechanics of using BMI during the CHDP exam to assess child growth for the early identification of childhood overweight and obesity. Early identification of obesity will allow the provider to effectively provide anticipatory guidance earlier when evidence-based behaviors can be more easily addressed.

This training provides a platform for obesity prevention for the CHDP Program and providers. Additional provider trainings related to childhood obesity that are complementary to the BMI training are also available on the CHDP Training webpage:

- How to Accurately Weigh and Measure Children for the CHDP Well Child Exam
- Counseling the Overweight Child
- Glucose and Cholesterol Training for Pediatric Obesity

If you have additional questions about this or other childhood obesity related training tools, please contact your regional nurse consultant.

Thank you,

ORIGINAL SIGNED BY DR. DIMAND

Robert Dimand, MD
Chief Medical Officer
Children's Medical Services